person, thereby reducing the risk that said virus related infections will be acquired by said person.

**17**. The kit as set forth in claim **16**, wherein the at least one sensor is focused to achieve directional sensing.

**18**. The kit as set forth in claim **16**, wherein said one of the shirt collar button and collar stay includes two spaced sensors.

**19**. The kit as set forth in claim **16**, whereby said semiconductor device is adapted to monitor movement of a hand of a person within at least 12 inches from the mouth of the person.

**20**. The kit as set forth in claim **16**, wherein said antibody binding agent detects the presence of an antibody to said virus in a test sample from the person, and wherein the kit comprises a receptacle for containing a sample from the person; and instructions for using the binding agent to detect the presence of the antibody in the sample.

**21**. The kit as set forth in claim **16**, wherein said signal generating device is adjustable with respect to one or more of the following: duration of signal and intensity of signal.

**22**. The kit as set forth in claim **16**, further comprising a detection probe.

**23**. A method for preventing obesity related to infection by a virus, comprising: obtaining a sample from a person; assaying the sample to determine whether the person has been previously infected with the virus; if said assaying step indicates that such person has not been previously infected with the virus, providing to the person at least one sensor positioned to detect when a person's hand approaches a predetermined distance from the person's face, said at least one sensor incorporated into one of a shirt collar, a button and a collar stay; reducing the incidence of hand-to-face contacts by providing a signal generating device operatively associated with said at least one sensor and with a semiconductor device programmed to select one of a plurality of predetermined distances of proximity so that a person's hand triggers the signal generating device to warn the person that their hand is in the proximity of their mouth, said signal generating device employing at least a vibratory signal; and communicating to a recording device, via a transmitter, an occurrence of said vibratory signal, and recording the occurrence of said vibratory signal to indicate the number of hand-to-face contacts by said person, thereby reducing the risk that virus related infections will be acquired by said person, wherein said recording device comprises a cell phone.

**24**. A method for preventing infection by a virus, comprising: obtaining a sample from a person; assaying the sample to determine whether the person has been previously infected with a predetermined virus; if said assaying step indicates that such person has not been previously infected with said virus, providing to the person at least one sensor positioned to detect when a person's hand approaches a predetermined distance from the person's face; reducing the incidence of hand-to-face contacts by said person due to the person being warned by said at least one sensor of occasions when the person's hands approach said person's face, said at least one sensor incorporated into one of a bill of a baseball cap, eye glasses, a button and a collar stay; providing a signal generating device operatively associated with said at least one sensor and with a semiconductor device programmed to select one of a plurality of predetermined distances of proximity so that a person's hand triggers the signal generating device to warn the person that their hand is in the proximity of their mouth, said signal generating device employing at least a vibratory signal; and communicating from the sensor to a recording device, via a transmitter, the occurrence of said vibratory signal, said recording device recording the occurrence of said vibratory signal to indicate the number of hand-to-face contacts by said person, thereby reducing the risk that infections by said virus will be acquired by said person.

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